

## **Wilkes Academy MMA Competition Requirements Policy**

### **Intended Purpose**

This policy outlines the requirements for all Wilkes MMA students who wish to compete in MMA events. It ensures that students are well-prepared physically, mentally, and technically to represent both themselves and the academy with skill, sportsmanship, and respect for the sport.

Head Coaches: David Wilkes and Matthew Erceg.

## **1. Eligibility Criteria**

### **Minimum Training Period**

Students must have completed at least 6 months of consistent MMA training at Wilkes Academy. If you have previous experience, this time may be shortened. (At the discretion of the head coach.)

### **Technical Proficiency**

Students must demonstrate competency in fundamental MMA techniques, including striking, grappling, and submission skills, as assessed by the head coaches.

### **Attendance**

Whilst in camp for a period of 12 weeks before the competition date. Amateur competitors must maintain a minimum of 4 MMA classes per week and attend sparring on Saturdays.

## **2. Physical and Mental Preparedness**

### **Physical Fitness**

Students must undergo a fitness assessment by Wilkes MMA coaches. This may include endurance, strength, and agility tests to confirm they are prepared for the physical demands of a competitive fight.

### **Mental Readiness**

Students are expected to engage in visualisation and mindset training. Athletes must demonstrate the resilience and composure required for competitive MMA. Coaches may provide additional insight, resources or training to help develop these skills.

## **3. Technical Requirements**

### **Sparring Proficiency**

Students must participate in a minimum of 4 sparring sessions per month in the lead-up to the competition, these sessions include live sparring with various partners to simulate real fight conditions.

### **Conditioning Drills**

Students must complete all designated conditioning drills and additional training sessions as outlined by their coaches to ensure optimal performance levels.

### **Weight Class Management**

Students are responsible for maintaining their weight within their chosen competition weight class. Coaches will provide guidance on healthy weight management if necessary.

## **4. Disciplinary Standards**

### **Respect and Conduct**

All competing students must uphold Wilkes MMA's values of respect, integrity, and sportsmanship, both within and outside the academy. All behaviour in the gym, at fight shows and especially whilst wearing Wilkes MMA team apparel must be in accordance with the law and reflect positively on the gym and its coaches.

### **Code of Behaviour**

Students must adhere to all training rules, dress codes, and behavioural expectations at Wilkes MMA. Any disciplinary infractions may affect their eligibility to compete.

## **5. Health and Safety Requirements**

### **Medical Clearance**

Students must obtain a medical clearance certificate from a qualified physician before their competition, stating they are fit to fight. This also must be presented to the combat sports commission for you to be approved to compete.

### **Combat Sports Registration (CSC)**

Competitors who wish to compete must complete their registration with the CSC. This involves financial commitments to register along with a visit to the doctors to complete a certificate of fitness and serology testing.

### **Insurance**

Students are strongly encouraged to have personal health insurance that covers potential injuries related to MMA competition.

### **Injury Protocol**

If injured, students must inform their coach immediately and follow the academies injury recovery protocol. Re-integration into competition will only be approved when the coach confirms full recovery.

## **6. Coach Approval and Final Decision**

### **Coach Assessment**

The head coach has the final say on whether a student is ready and eligible to compete. This decision will consider all the above requirements, along with the student's attitude, commitment, and overall readiness.

### **Competition Schedule**

Students must communicate with the head coach to confirm available competition dates and receive approval to register for each event.

### **Matchmaking**

All matchmaking is conducted by the head coaches. Athletes are not permitted to matchmake for themselves. We have a duty of care to ensure that it is a fair and reasonable match.

## **7. Training Commitment Post-Competition**

### **Post-Fight Review**

After each competition, students are required to meet with the head coach for a post-fight review. This review will assess performance, identify areas for improvement, and outline the next steps for continued development.

### **Ongoing Training**

Whilst not in camp, competitors are expected to remain dedicated to their training and invest in their teammates and their own skill sets by continually developing their skills.

## **8. Policy Acknowledgement**

All students wishing to compete must read, understand, and sign this policy. Compliance with these requirements helps maintain Wilkes MMA's reputation for training high-quality competitors and ensures that every student is well-prepared and safe when representing the academy in the ring.

This policy aims to support student growth as competitors and maintain a high standard for athletes representing Wilkes MMA. We are dedicated to fostering a safe, disciplined, and supportive environment for all aspiring MMA competitors.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Signed: \_\_\_\_\_  
HEAD COACH